

ABSTRACT

A DESCRIPTIVE STUDY ON HIDRADENITIS SUPPURATIVA AND ASSESSMENT OF QUALITY OF LIFE (QOL) IN PATIENTS WITH HIDRADENITIS SUPPURATIVA

INTRODUCTION

Hidradenitis suppurativa is a chronic debilitating inflammatory disease caused by follicular occlusion due to hyperkeratosis. It is known to cause significant physical and psychological morbidity. The effect of hidradenitis suppurativa on the quality of life in Indian population has not been previously studied.

OBJECTIVES

To describe the clinical profile of patients with HS.

To assess the quality of life of patients with HS using DLQI (Dermatology Quality of Life Index).

To evaluate correlation of inflammatory markers with disease severity of HS.

METHODS

This is a descriptive cross-sectional study in which fifty two patients with hidradenitis suppurativa were enrolled during the study period between October 2016 and September 2018. There clinical profiling was done and quality of life was measured using DLQI

(Dermatology Quality of Life Index) questionnaire. Serum CRP levels were sent to look for correlation with severity of disease

RESULTS

Fifty two patients participated in the study. There were equal number of males and females. The mean age of the participants was 28.98 ± 10.61 years. The mean age of onset was 23.23 ± 9.98 years. The mean duration of the disease was 5.9 ± 4.39 years and the mean frequency of episodes was 7.12 episodes per year. There were 36 patients (69.2%) with stage I disease and 12 (23.08%), 4 (7.69%) with stage II and stage III disease respectively. The most common sites of involvement were axillae, followed by groin then gluteal region, perineum, intermammary, inframammary and retroauricular regions. The mean DLQI score was 10.73 ± 7.85 . The mean BMI of the study population was $27.54 \pm 4.55 \text{ kg/m}^2$. The majority of patients (40.38%) were overweight while 32.69% were obese, but there was no significant correlation between BMI with severity of the disease. The mean CRP was found to be 10.12 ± 15.49 and CRP was found to be significantly raised in severe stages of the disease.

CONCLUSION

The quality of life of patients with hidradenitis suppurativa was found to be significantly affected especially in severe diseases as shown by the mean DLQI value. CRP was found to be raised in severe stages of the disease.

KEYWORDS

Hidradenitis suppurativa, DLQI, quality of life, clinical profile, CRP